

Norcatour News

By the Norcatour News Committee

A benefit supper for Louis Anderson will be held from 5 to 7 p.m. on Saturday, Nov. 27 at the Norcatour City Building.

The benefit, sponsored by the Norcatour Royal Neighbors of America, will serve ham and beans with cornbread and a dessert.

A free-will donation will be taken.

Results of the pool tournament at the Cardinal Bar and Grill on Nov. 10 were: Bob Hoover, first; Don Relaford, second, and Kary Miller, third.

Mark your calendar for the United Methodist Women of Norton Cookie and Candy Walk from 9:30 a.m. to 1:00 p.m. on Wednesday, Dec. 1, at the Norton Senior Center, 208 W. Main. Cookies will be sold for \$5 a pound and candy for \$6 a pound. All are made by church families. Proceeds will go to mission projects. Cinnamon rolls and coffee will also be available for sale.

On Saturday, October 16, Austin Forbes, 17, was ejected from his pick-up during a very bad accident. He was flown from the McCook, Neb. Hospital to Kearney, Neb. He has suffered many injuries.

His father, Chuck Forbes, has been by his side. Austin was moved to Lincoln, Neb., on Nov. 9, for further treatment.

He has several broken bones, including his right arm, left ankle and both sides of his jaw, which are wired shut, as well as a severe head trauma.

Mail will reach him at: Madonna Rehabilitation Hospital, Attn. Austin Forbes, c/o Chuck Forbes, 5401 South Street, Lincoln, Neb. 68806-2150.

Virgil and Joyce Price attended the Liberty Star Club Thanksgiving Dinner at Lyle on Nov. 10. There were 20 present.

Happy Birthday to Dewaine Stapp, Judy Shirley, Troy Marshall, Nov. 17; Cindy Shirley, Nov. 18; Merle Shirley, Nov. 19; and Brian Cook, Nov. 23.

Judy Menges, Colby, attended the memorial service for Marie McChesney at Oberlin on Monday, Nov. 8.

Marie was a step-sister-in-law of Judy's mother, Velma Rogers. Also attending were a sister-in-law, Helen McChesney and daughter, Melody Brown, Cambridge, Neb.

and brother, Ben Rohnke and wife, Deanna, Greeley, Colo., as well as other relatives and friends.

The service was held in the restored St. Mark's Lutheran Church on the Decatur County Museum grounds.

The church was moved from Norcatour to this site several years ago. Marie attended this church at Norcatour when she was a child.

Judy Menges and daughter, Janel Andrews, Colby visited Vi and Veryl Van Der Wege at Norton on Nov. 7.

They took Vi out to dinner to observe her birthday and also visited Ida Hoover at the Andbe Home.

The annual Pheasant Supper on Nov. 13 was a big success with 88 in attendance.

Lisa Leichliter has completed her chemo cancer treatments.

The annual 4-H Achievement Night was held Nov. 7, at the Norton County 4-H building.

Quentin Wentz received awards as a result of his hard work during the year.

He is a member of the Prairie Dog 4-H Club.

Mount Pleasant

By Dianne Bremer

Elwood and Jeanie May traveled to Chase on Thursday, Nov. 11, and were joined there the next day by Brandon May, Salina; Leslie Meyers, Kearney, Neb.; and Andrew and Stephanie Frankforter, Ethan and Isaac, of Grand Island, Neb.

Saturday afternoon, Nov. 13, they all helped Jeanie's mother, Stella Casey, celebrate her 94th birthday at the Ellinwood Woodhaven Care Center where she has made her home.

Approximately 35 relatives were in attendance for her party.

Leo Mooty, Oberlin, the father of Norma Unger, passed away Tuesday, Nov. 16.

Our sympathies to Ralph and Norma Unger and their families.

Congratulations to Heather Waterman whose daughter, Kiaya Jane Gayle Waterman, was born Wednesday evening, Nov. 17. Kiaya weighed 6 pounds 4 ounces, was 19 inches long, and is the granddaughter of Melvin Waterman and the niece of Karen Eskew.

Susan May, serving on the Kansas Farm Bureau Women's Committee, attended the Kansas Farm Bureau annual meeting in Manhattan Thursday through Saturday.

Hannah May has been chosen to play sixth chair flute and Elizabeth Nedland has been chosen to play third chair French horn in the Northwest Kansas Music Educators

Association High School Honor Band concert in December.

Bob Mooty, Dean Morell, Reagan Bush, Johnny Sparks, Cliff McDonald, and David Reasoner, all of Dallas, Texas, were weekend guests of Ralph and Norma Unger for pheasant hunting.

Also visiting at the Unger home over the weekend was Ryan Unger, St. Francis.

Cassidy Shields, Elizabeth Nedland, Sara Kyte, Ryan May, and Zach May were among cast members performing in the Decatur Community High School musical "The Wizard of Oz" Friday and Saturday nights at the high school.

Congratulations to the entire cast and the directors, Susan Nelson and Leigh Davis, for an excellent and entertaining production!

Walter and Betty May, Robert May, Cole May, Cameron Nedland, Hunter Nedland, Manhattan; Rhiannon Davies and Liam Davies-Nedland, Roger and Susan May, Ryan and Erin, Roland and Pam May, Zach and Hannah, and Regan Bartels, Phillipsburg, were Sunday noon dinner guests at the home of Rhonda May and Dan Nedland and Elizabeth to celebrate Walter's 87th birthday which was Wednesday, Nov. 17.

Keith Jump and Shawn and Dawn (Baus) Irvin and Colten, Wichita; Delores Depperschmidt; and John and Dianne Bremer were Saturday

evening dinner guests of Elmer and Betty Jean (Derby) Baus and Leigh, Dresden, for the Baus family's early Thanksgiving.

Keith and Shawn also enjoyed pheasant hunting while here.

Cameron Nedland, Hunter Nedland, and Cole May, students at Kansas State University, Manhattan, are enjoying their week-long Thanksgiving break with their parents,



Give a personal holiday gift

As the holiday season approaches, take some time to plan how you will maintain the healthy lifestyle changes you have made throughout the winter months. Think of time you devote to these healthy lifestyle practices as a "personal gift." Here are suggestions to consider.

Au Put exercise and healthy eating into perspective. Physical activity is important and so is spending time with family and friends. To get the most out of your holiday season and celebrations, balance social activities with self-care. If you can't carve 30 minutes out of your schedule for physical activity, try for a 10 minute walk in the morning and another later in the day. Any physical activity is better than none at all.

If you have lost weight during the past year, adjust your expectation to weight maintenance for the next several months. The holiday season is not a good time to work toward weight loss goals. Good self-care also includes getting adequate rest. You can be more productive and will enjoy holiday activities more if you get enough sleep.

Au Alter your schedule. If possible, schedule physical activity first thing in the morning. An eve-



Home Time

By Tranda Watts
Multi-county Extension Agent

ning workout or walk can be easy to ignore if you have holiday parties and family events scheduled.

Au Weave exercise into your holiday activities. Time you spend with family and friends can include physical activity. Organize a caroling party or enjoy a brisk evening walk through festive neighborhoods with holiday lights. If you are headed to a mall, walk briskly for 10 minutes before you start shopping.

Au Use physical activity to deal with stress and improve your mood. Holidays are stressful, and even happy occasions can be tense at times.

A good way to relieve stress and refocus is by taking a brisk walk or an exercise/stretch break. If you are traveling, take advantage of the opportunity to walk in airports or stop regularly if traveling by car. If you have pain from a chronic health

condition, remember that exercise can help manage these symptoms.

Au Return to your routine after the holidays are over. Perhaps this is the most important thing to remember. Setbacks are normal when you make lifestyle changes, and the best thing you can do is plan for them. Plan for how you will get back on track as soon as possible.

If you have related questions, please feel free to contact your local K-State Research and Extension Office or you may contact: Tranda Watts.

Tranda Watts is a Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at (785)443-3663 or e-mail twatts@ksu.edu. For more information, contact the county extension office, 475-8121.

Rexford News

By Vicki Allison

Opening season of pheasant hunting was a bang, for most of the hunters were able to get their limit each day during the weekend and enjoyed what good weather there was.

The Shepherd's Staff housed around 15 hunters and also a group of ladies to start a program for Scrapbooking Retreats. Many pages were created and friendships deepened. Becky Wardyn of Brady, Neb.,

was the speaker. This week, there was also a group of 14 paint ballers from the First Southern Baptist Church of Garden City on Friday and Saturday.

Had a lot of fun, even with the cold weather. And midweek another group of five hunters.

I spent part of my weekend hunting myself, but not for birds

I was on the hunt for some recent

letters that had been misplaced but I was lucky enough to have found them. These letters are important to me and probably to a few other individuals.

I hope everyone of my readers enjoy this Thanksgiving Holiday while spending time with family and friends.

Until next time, make your week memorable.



The Merciful

By Pastor Royce Leitner, First Assembly of God, Oberlin

It's been asked, why doesn't God do something about all the wickedness in the world? There is an answer. It's the Bible.

The world doesn't know God, their eyes are blinded, they can't see the Holy Spirit or understand Him. The world doesn't know that God is after them to repent from their sin and wickedness before judgment day.

We are living in the Lord's favor, His day of grace.

Jesus teaches in Luke 6:35-37 (NLT) Love your enemies! Do good to them! Lend to them! and don't be concerned that they might not repay! Then your

reward from heaven will be very great, and you will truly be acting as children of the Most High, for he is kind to the unthankful and those who are wicked.

36. You must be compassionate, just as your Father is compassionate.

37. Stop judging others and you will not be judged. Stop criticizing others, or it will all come back on you. If you forgive others, you will be forgiven.

In all that scripture reference, it tells of the mercy of God.

Scripture does tell us God will judge the wicked. May we be thankful for, God the merciful.



Chamber News

By Carolyn Hackney

An event coming up to remember is the Light Parade this Friday. Line up area is at the Decatur Coop at 6 p.m. with the parade starting up Penn Ave. at 6:30 p.m. The theme is Candy Land Christmas. Please contact the Chamber office or Gary Walter at The Bank for a registration. There is no fee to enter.

The next day on Saturday is the annual Holiday Craft Show at the Gateway Civic Center, which is sponsored by the Decatur County Area Chamber of Commerce. There is still room for crafters if you need a space, but please call by 5 p.m. on Wednesday. The show will start at 9 a.m. and be open until 4 p.m. Lunch will be available by the Gateway staff.

The Decatur County Area Chamber of Commerce is sponsoring a Christmas and Light Decorating Contest this year. The prizes will be \$50 for first, \$30 for second, and \$20 for third in Chamber Santa Dollars to be spent at any business in Decatur County. If you want to be entered in this contest, call the Chamber office at 475-3441 and be sure to leave your name and address. If you are a rural resident, please give directions to your home. This contest is for any residents in Decatur County. Have

fun!! Please enter by Friday, Dec. 10, so the judges have time starting from Dec. 11 through Dec. 19 to pick the winners.

I have several people who come to the office and ask about houses to rent. If you have a house or apartment for rent, I would be happy to keep that information here on a list to pass to prospective renters.

There are many donations coming in now for the Recreation Center/Bowling Alley through the Decatur Area Development Fund. Within this fund are several separate projects such as Decatur Tomorrow, Sappa Park, Golf Course, Golden Age, Bowling Alley, Swimming Pool, etc. When anyone donates to a certain project, please make the check out to only the Decatur Area Development Fund, Inc., not the project. Make a notation on your check as to which project it goes to and within our bookkeeping system we record it to its proper place. If it isn't made out accordingly, then it is time consuming to have the check redone. Thank you, and keep the donations coming, as the Bowling Alley is closer to reality.

Have a great week and a Happy Thanksgiving!!

Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Mark Berland,
MASS: 10:30 a.m., Sunday

IMMACULATE CONCEPTION CATHOLIC, LEOVILLE
Fr. Mark Berland,
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
Fr. Mark Berland,
MASS: 5:30 p.m., Saturday

JENNINGS-DRESDEN UNITED METHODIST CHURCH
Pastor: Barbara Patterson
SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m.

DRESDEN
SUNDAY: Morning Worship, 9:30 a.m.

PRAIRIE CHAPEL UNITED METHODIST
The Rev. Linda Willey
SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.

HERNDON IMMANUEL UNITED CHURCH OF CHRIST
Pastor: Dennis Brown
SUNDAY: Morning Worship, 9 a.m.

UNITED CHURCH OF OBERLIN
Pastor: Judi Stricker
109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA
SUNDAY: Adult Sunday School, 9:30 a.m.; Coffee: 10:30 a.m. - 11 a.m. Worship Service, 11 a.m. Holy Communion, 1st & 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship

OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)
Pastor: Gene Gee
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., WEDNESDAY: Service, 7 p.m.,

OBERLIN UNITED METHODIST
102 North Cass — 785-475-3067
The Rev. Linda Willey
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.m.

CLAYTON UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.

OBERLIN ASSEMBLY OF GOD
The Rev. Royce Leitner
SUNDAY: Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening Worship, 7 p.m. WEDNESDAY: Adult Bible study, 7 p.m.

OBERLIN CHURCH OF CHRIST
South Beaver Street - Oberlin
Bill Duncan — Phone 785-475-3259
SUNDAY: Fellowship and coffee time; 10:00 a.m. The "no sermon" worship hour with the Lord's Supper and Adventures With God, 10 a.m. open Bible Study; TUESDAY: Ladies Bible Study, 9 a.m.

ST. MARY'S CATHOLIC, HERNDON
Fr. Nick Parker
Phone 785-322-5560
MASS: SUNDAY and THURSDAY 8:30 a.m.

HERNDON COVENANT CHURCH
Pastor: Keith Reuther
Phone 785-322-5316
SUNDAY: 9:45 a.m. Morning worship, 11 a.m. Youth group, 4 p.m.

NORCATOUR UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

LYLE UNITED METHODIST
Guest Speakers

every Sunday
SUNDAY: Morning Worship 9 a.m.

EVANGELICAL COVENANT CHURCH OF OBERLIN
Pastors: Chris and Sharon Nelson
810 West Cedar, Oberlin
Office Phone 785-475-2769

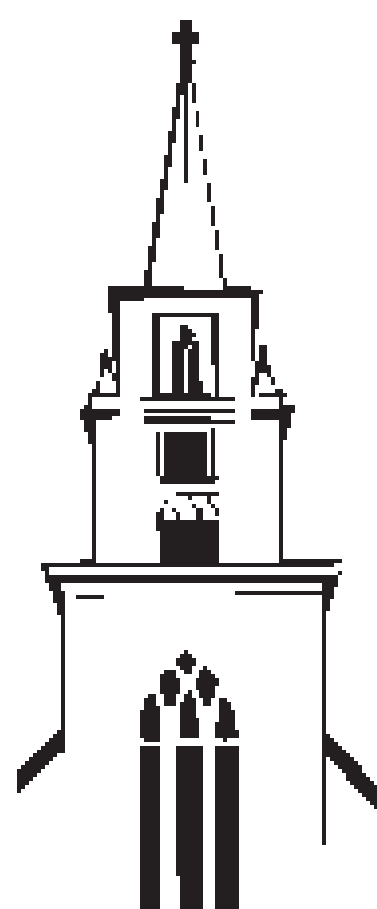
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

LUND COVENANT CHURCH
Pastor: Doug Mason
10 miles south, 4 miles west of Oberlin
SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m.; WEDNESDAY: Bible Study and prayer, 7:30 p.m.

ST. JOHN'S LUTHERAN CHURCH
510 North Wilson
Interim Pastor:
Kevin Schnakenberg
SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 8 a.m.; Holy Communion: 1st and 3rd Sundays..

FAITH LUTHERAN CHURCH
404 North York Avenue

Oberlin, Kansas
The Rev. Charlotte Strecker-Baseler
Church Office Phone: 785-475-2053
SUNDAY: Worship, 10:00 a.m.; Fellowship and Educational Hour, 11:15 a.m. Holy Communion first and third Sundays. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.



Paul's FUNERAL HOMES
A Trusted Name Since 1925.
Phone:
785-475-3127 — Oberlin
785-386-4311 — Selden
Derek Riner
Rick and Dori Pauls

Are you or someone you know caring for an aging family member or friend?

A caregiver's greatest challenge is knowing what resources are available locally and how to find them.

If you have caregiving questions, call your Kansas Area Agency on Aging.

1-866-457-2364 or visit www.k4a.org